

NATURAL HERBAL GUIDE

BASIC HERBS FOR SPECIFIC ORGANS



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Herbs have been used for centuries to treat a vast array of ailments and diseases. They are so incredibly powerful and when taken in correct dosages, can stimulate the body and its organs to secrete toxins, enzymes, etc.

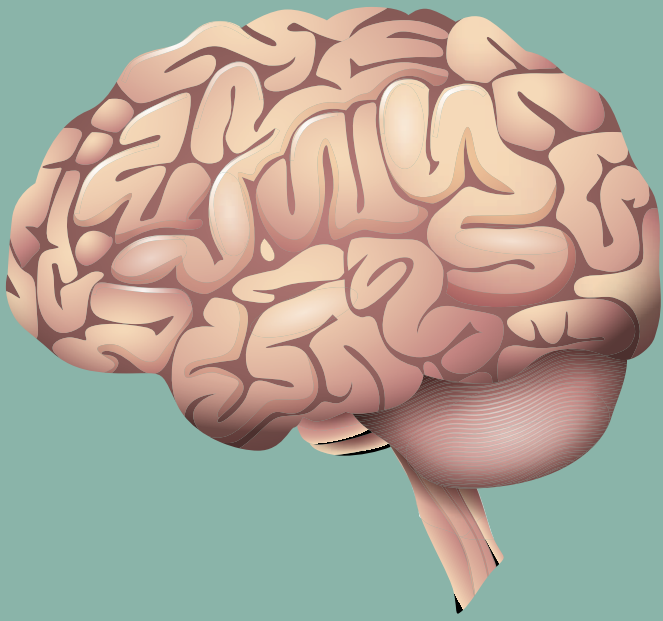
This eBook is intended to educate on a few common herbs used for different organ systems.

you can consume crushed herbs in capsule form, drink herbal teas, ingest tinctures or use them topically in creams or poultices.

The small list of herbs below are not meant to treat but rather educate on the different herbs one can access and the organs they support.

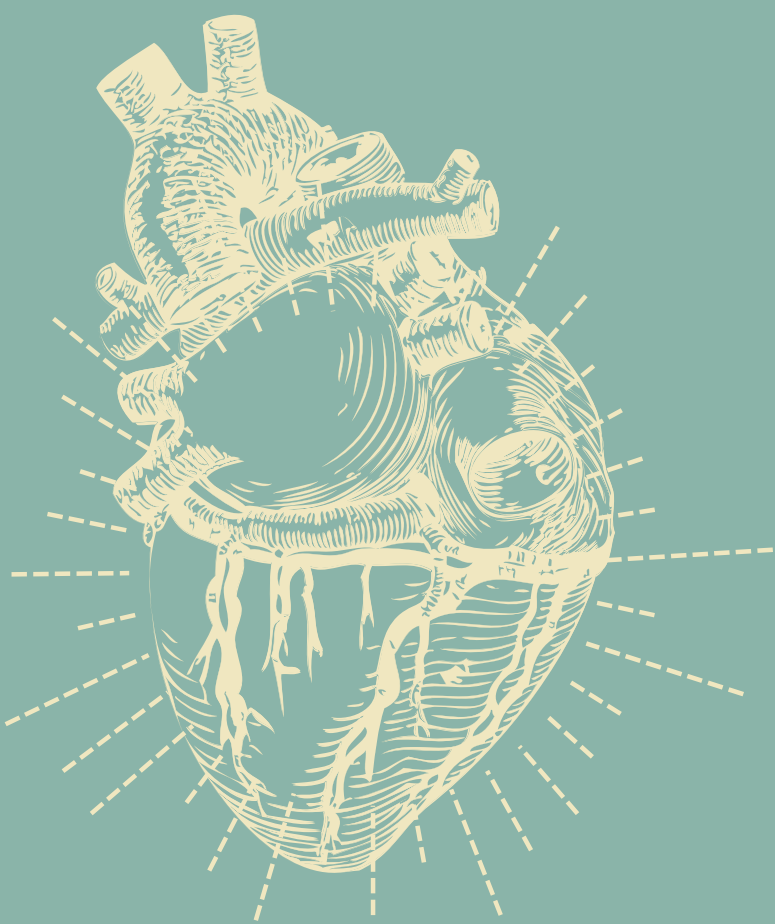
The herbs for the brain help to improve cognition, concentration and energy. The herbs for the heart can help improve circulation and get oxygen and nutrients to the cells of the body. The herbs for the lungs can help to reduce allergic-like symptoms, difficulty breathing, asthma, etc. The liver supporting herbs help the liver detoxify from built up toxicity. The herbs for the stomach help to soothe inflammation and can be beneficial for ulcerations. The kidney supporting herbs are great for the urinary tract, to detoxify uric acids and promote healthy urine outflow.

Herbs for Specific Organs



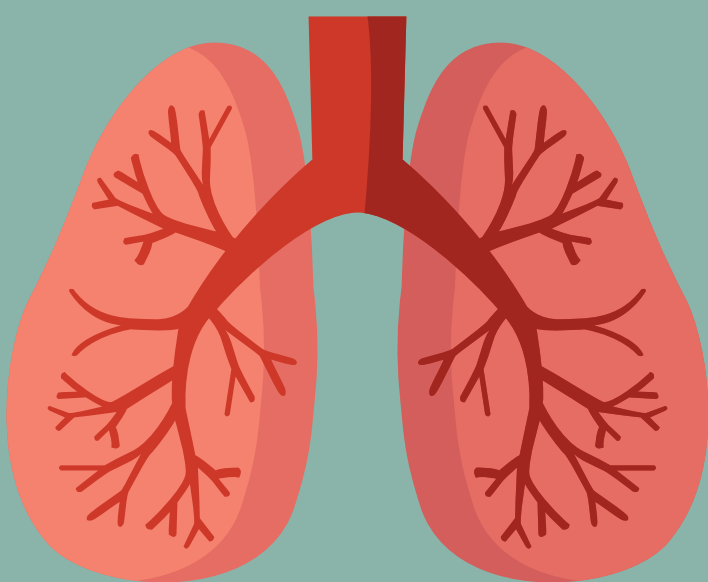
Brain

- Ginkgo Biloba
- Ginseng
- Kelp
- St. Johns Wart



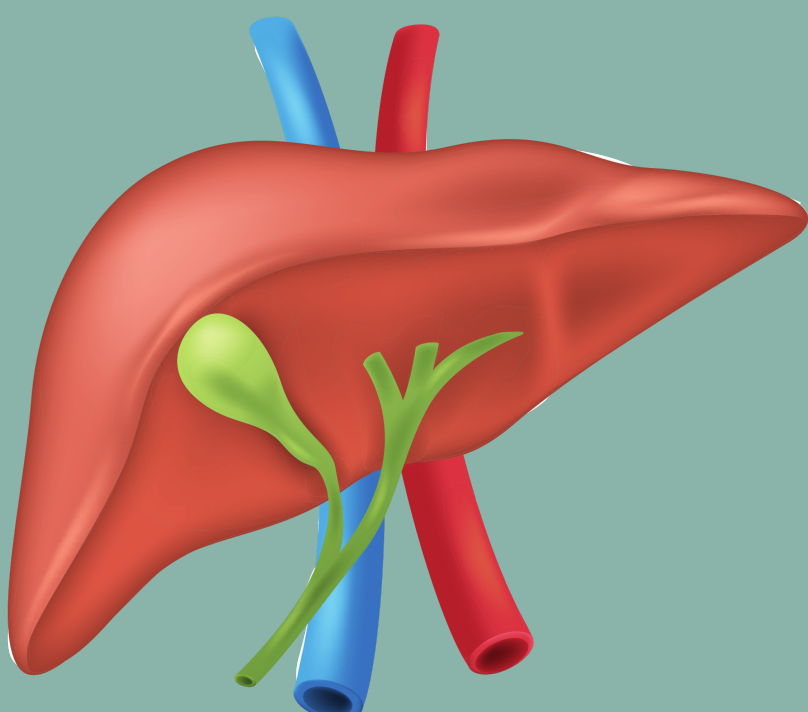
Heart

- Ginger
- Cacao
- Garlic
- Turmeric



Lungs

- Mullein
- Yarrow
- Common Hazel
- Peppermint



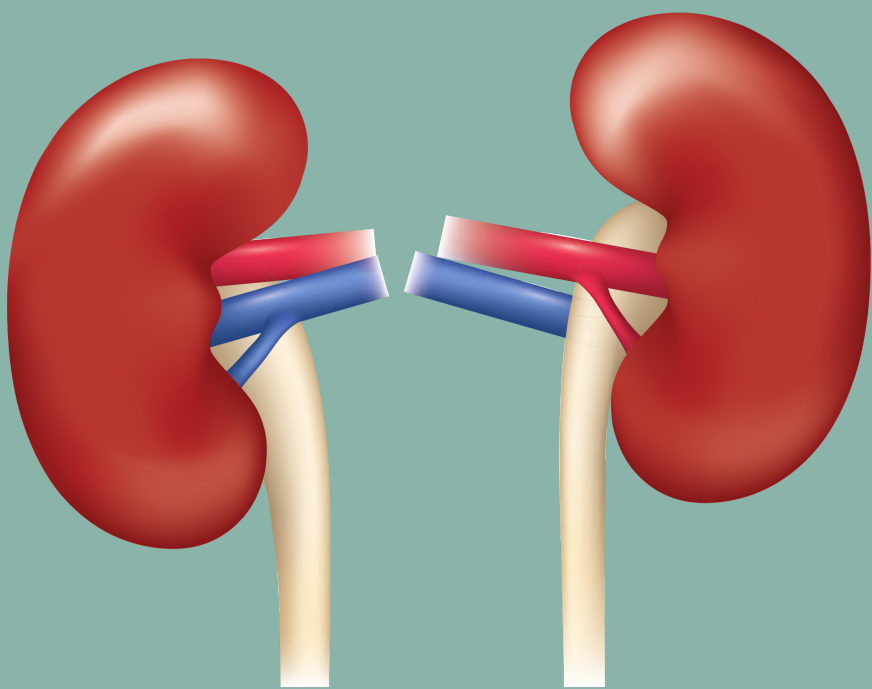
Liver

- Milk thistle
- Dandelion
- Artichoke
- Burdock root



Stomach

- Marshmallow root
- Chamomile
- Licorice
- Fennel



Kidney

- Astragalus
- Bilberry
- Cranberry
- Dandelion

These herbs are only to be used under the guidance of your practitioner as they may contain side effects or have interactions with other medications or supplements you may be on.